



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**TRAVEL SAFETY (60 SECONDS)**

The holiday travel season is upon us, and with that comes added traffic and congestion on the roadways.

This is Acting State Health Office Doctor Scott Harris, reminding you to buckle up before you hit the road. Motor vehicle crashes are among the leading cause of death in the United States, and the simple act of buckling your seat belt could prevent needless injury or the loss of life.

A study by the Centers for Disease Control and Prevention shows that seat belt use prevented an estimated 64-thousand deaths in the U-S during 2011 to 2015. It also found that about 40 percent of Alabamians live in rural areas - and increasing growth in rural parts of the state is consistently shown to be associated with increased crash related death rates and lower seat belt usage.

As you head out to do your last minute holiday shopping, remember to buckle up and ask others in your car to do the same. Let's have a safe and happy holiday season!

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